







# SUICIDE & DEPRESSION

	IT'S NEVER TOO LATE: STOPPING TEEN SUICIDE		GRADES 7-COLLEGE	28 MIN	Following media guidelines developed by the American Association of Suicidology, this program does not dramatize suicide. Rather, it focuses on stories of young adults who have overcome their problems by getting counseling and helps teenagers recognize the warning signs of suicide in their peers. The program emphasizes that all suicide threats should be taken seriously. Students will understand that help is available, and what actions individuals can take to prevent suicides by others. The video stresses that students should not be afraid to ask if a peer is thinking about suicide and that it is important to get help. It includes the true story of several teens that recognized the warning signs in a classmate, contacted a trusted adult, and—because of their intervention—saved a life.
	FATAL MISTAKES: FAMILIES SHATTERED BY SUICIDE	1998	ADULT	45 MIN	Hosted by Mariette Hartley, whose father died by suicide, this video provides an in-depth view of suicide and its impact on the surviving family members. Four cases are cited with the family members sharing their experiences struggling with grief, guilt, loss, stigma and blame. The narrator and experts discuss a number of issues including depression and other causes of suicide, the role of alcohol and other drugs in suicide, rising youth suicide, doctor-assisted suicide. Research on the brain neurotransmitter Serotonin and its possible involvement in suicide is presented. The family physician's role in assessing possible suicidal tendencies in their patients during normal examinations is strongly emphasized.
	MORE THAN SAD: TEEN DEPRESSION		YOUNG ADULT; ADULT	25 MIN	This DVD features four character vignettes, each designed to present to teens a recognizable picture of depression, reduce fears and misconceptions about treatment, and promote help-seeking behavior: "Lana," a 14 year old Hispanic girl with a melancholic depression; "Ray," a 16 year old African American boy with anxiety and depression; "Jake," a 15 year old Caucasian boy with a violent temper and a drinking problem accompanying his depression; and "Delia," a 16 year old depressed Caucasian girl who is chronically bullied and experiences an acute episode.
	STRUGGLING IN SILENCE & OUT OF THE SILENCE: PHYSICIAN AND MED. STUDENT DEPRESSION & SUICIDE	2008	YOUNG ADULT; ADULT		The program conveys the impact of physician suicide on families, patients and communities through the stories of two physicians lost to suicide. It also shares the accounts of those living with mood disorders: a freshman medical student with depression and anxiety who considered dropping out, a surgeon diagnosed with depression who overcame stigmatizing attitudes and policies within his state and profession, and a prominent neurologist whose bipolar disorder introduced her to new areas of research and patient care. An educational video called <i>Out of the Silence: Medical Student Depression and Suicide</i> was designed specifically as an educational tool for use at medical schools. Since many of the mood disorders that can lead to suicide may first become evident during medical school, where professional and institutional barriers already exist, the goal of this program is to encourage help seeking among medical students.

	THE TRUTH ABOUT SUICIDE: REAL STORIES OF DEPRESSION IN COLLEGE			27 MIN	The aim of this film is to present a recognizable picture of depression and other problems associated with suicide, as they are commonly experienced by college students and other young adults.
	WORDS CAN WORK – DEPRESSION: TRUE STORIES	2007		26 MIN	Depression is a treatable, not shameful, illness. Professional basketball player Chamique Holdsclaw and other young adults describe living with – and recovering from – depression. Their powerful stories show how early diagnosis and treatment can transform and save lives. With discussion guide.